



INPOWER Institute

Center for Community Healing & Optimal Living
Summer (June – August) 2018 Event & Program Guide

JUNE OFFERINGS

Journaling: A Journey to Love (me)

Journaling is a great tool to help release stress, gain clarity and transform thoughts. It has helped me tremendously over the years. In this session, you will learn different journaling tools and techniques that have helped me better connect to myself. This class is open to anyone who wants to know more about journaling or who wants to enhance her/his journaling experience.



- **Session Leader:** Tamara M. Watkins
- **Date:** Saturday, June 9
- **Time:** 1:00 pm – 3:00 pm
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Register:** Email: tamaramwatkins@yahoo.com

Image Control

Image Control explores how images and narratives in advertising have been used to dehumanize and malign people of color. The workshop's activities help uncover the attitudes and behaviors that have arisen from such depictions. It also offers ways to reclaim our imaginations and empower ourselves by using different message delivering technologies.



- **Session Leaders:** Cheeraz Gormon
- **Date:** Friday, June 15
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** Free for ages 18 or under; \$20 for those 19+
- **Participants:** All are welcomed.
- **Register:** Email: cheerazgormon@gmail.com

Focus on MAMA!: The Black Mothering Experience in K-12 Education

Black mothers, othermothers, and caregivers are invited to dialogue and strategize around the triumphs and struggles of advocating for OUR children in K-12 schools.



- **Session Leaders:** Jaqui Rogers
- **Date and Time:** Saturdays
 - June 16: 10:00 am – 12:00 pm
 - June 30: 2:30 pm – 4:30 pm
- **Cost:** Free
- **Participants:** Black mothers, othermothers, and caregivers
- **Register:** Email: mama2mama314@gmail.com

Your Child Might be Gay; It's Not the End of the World

This program is geared towards parents and/or adults who need help with understanding gender identities and attractions and who would like to learn more information about the LGBTQIA community in general. This program will be used to help develop Safe Zone Training.



- **Session Leaders:** Jvania Webb
- **Date:** Saturday, June 16
- **Time:** 2:00 pm – 3:30 pm
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Register:** Email: jmwebb@javianiamwebb.com

Bag Lady Blues

Spring Cleaning for the soul! Using Erykah Badu's song "Bag Lady" as motivation, participants will identify the negative practices and beliefs that are holding them back from their greatest selves, discover two new approaches to forgiveness (ascending and descending), symbolically lay their burdens to rest, and unpack all things that are no longer of them in order to live a "lighter" life. This is a highly-charged workshop that feels a lot like dumping your purse out onto the floor. It calls us to make some decision about the weight we carry in our spirits once and for all.



- **Session Leader:** Adande Lane
- **Date:** Sunday, June 24, 2018
- **Time:** 2:00 pm - 6:00 pm

- **Cost:** Donations appreciated!
- **Participants:** Anyone who identifies as a woman
- **Register:** Visit www.SheAdande.com

Storytellers Skill Share

Come join this intergenerational meet-up for budding to seasoned storytellers of all practices. We will share techniques, skills, and stories.



- **Session Leader:** Cheeraz Gormon
- **Date:** Thursday, June 28
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** Donations appreciated!
- **Participants:** Storytellers of all backgrounds/traditions
- **Register:** Email: cheerazgormon@gmail.com

An Entrepreneur's Introduction to Branding & Marketing- Part 1

An Entrepreneur's Introduction to Branding & Marketing- Part 1 is a two-hour presentation and workshop led by award-winning copywriter and social entrepreneur, Cheeraz Gormon.



Cheeraz will introduce entrepreneurs to the basics of branding and marketing and will assist them in laying or strengthening the foundations of their brands. Participants will also explore techniques for creating a tailored and effective marketing plan that advances their goals.

- **Session Leader:** Cheeraz Gormon
- **Date:** Friday, June 29
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** For-profit Businesses: \$35 Non-profit & Arts Entrepreneurs \$25
- **Participants:** For-profit, Non-profit and Arts Entrepreneurs
- **Register:** Email: cheerazgormon@gmail.com

Storytelling for Survival

This workshop offers an exploration into African diasporic folklore and folktales to uncover how such stories aided people of African descent in our survival. It also explores what new narratives, heroes and heroines are developing in our current times.



- **Session Leader:** Cheeraz Gormon
- **Date:** Saturday, June 30
- **Time:** 11:00 am – 1:30 pm
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Register:** Email: cheerazgormon@gmail.com

D.O.P.E.* Collab for Entrepreneurs

It's great to work in your business, but when are you working on your business to take it to the next level? This summer's D.O.P.E. Collab is a co-working space specifically for new entrepreneurs seeking to develop a proven system for their business. We will work through the book *Traction: Get a Grip on Your Business* by Gino Wickman.



Together, we will serve as a peer advisory group to discover and develop more effective businesses. Requirement: *Traction*, your work, earbuds, and a snack bag ☺ *(Designers of Opportunities Pushing Excellence)

- **Session Leader:** Dr. April Warren-Grice
- **Date:** Every Monday
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** Donations appreciated!
- **Participants:** New entrepreneurs
- **Register:** Email: DrApril@LiberatedGenius.com

Bell Inner Well Counseling

Help is available now. You have the capacity to make decisions about your life that will lead to healthy, long-term solutions to challenges. Know that making changes in life, working through emotional difficulties, developing new patterns and gaining insights require more than wishing. Therapy involves a



commitment on your part in terms of time, money and energy. Working as a team with a trusted professional often leads to better relationships, solutions to specific problems and significant reductions in feelings of distress and limitation. I specialize in trauma healing, depression, anxiety, couples counseling and grief and loss. Some of my core values include courage, compassion, spirituality, honesty, love and social justice. I am currently accepting new clients.

- **Practitioner:** Velma Bell
- **Date:** By appointment only
- **Time:** By appointment only
- **Cost:** \$95 for 55-minute session
- **Participants:** All are welcomed.
- **Set Appointment:** For information or to schedule an appointment, contact Velma Bell, MSW, L.C.S.W at www.bellinnerwellcounseling.com or 314-308-0627

Healing Touch

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to facilitate physical, emotional, mental and spiritual health. Healing Touch uses light touch to influence the human energy system, specifically the energy field that surrounds the

body. The goal of Healing Touch is to restore harmonies in the energy system, placing you in a position to self-heal.



- **Practitioner:** Eileen Wolfington
- **Date:** By appointment only
- **Time:** By appointment only
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Set Appointment:** For information or to schedule an appointment, contact Eileen Wolfington, M.Ed., HTP-A at 314-724-8576 or eileen.wolfington@gmail.com

UpRise! Yoga

UpRise! Yoga is a healing space for those in need of relief from toxic stress, oppressive dynamics and hostile environments. These life affirming classes cultivate flexibility of mind, body and spirit, helping to transform outworn ways of being. They beautifully blend meditation, deep breathing, yoga and inspirational wisdom to create a full-bodied experience of relaxation and renewal.



- **Session Leaders:**
 - 1st Sundays with Lizzie Salsich
 - 2nd Sundays with Dr. April Warren-Grice
 - 3rd Sundays: Guest instructor
 - 4th Sundays: Dr. Annessa Blackmun
 - 5th Sundays: Guest instructor
- **Date:** Every Sunday
- **Times:** 9:00 am – 10:30 am
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Register:** Drop in!

Spirit Rising: A Salon for the

Join us weekly for Spirit Rising – a gathering where life's travelers meet up to share their discoveries, insights and yearnings. The Salon is a rest stop, offering a departure from our focus on the management of life to attend more fully to the meaning of life. It is also a workshop where participants engage in rigorous soul searching around life's most pressing questions and issues.



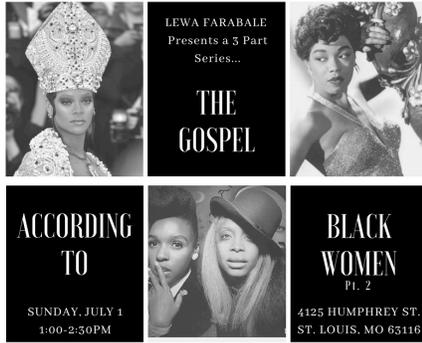
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- **Date:** Every Sunday
- **Times:** 11:00 am-12:30 pm
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JULY OFFERINGS

Lewa Farabale – A Womanist Gathering

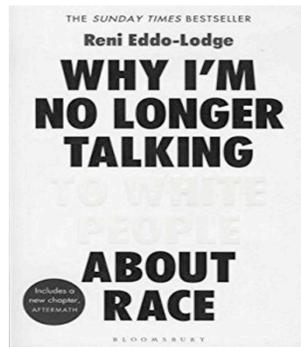
This Womanist Gathering exists to create worship experiences that address social justice issues through womanist preaching and action. Womanist preaching is rooted in the African American female experience of seeking liberation, healing and restorative justice in the *Bible*.



- **Session Leaders:** Lorren Z. Buck, Dietra Wise, Brittini Gray
- **Date:** Sundays, July 1 and August 26
- **Times:** 1:00 pm-3:00 pm
- **Cost:** Donations appreciated!
- **Participants:** Women of Color
- **Register:** Drop in!

Book Study: "Why I'm No Longer Talking to White People About Race."

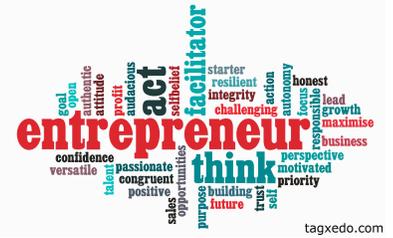
This is a multi-week book study of the Bestseller "Why I'm No Longer Talking to White People About Race." The purpose of the book study is to hold space for those who at this point need to know that their fatigue is understandable, relatable, and okay. No judgement, preaching, or pity...just emotional resonance, responsiveness to need, and authentic friendship support. The outcome would be to build community, connection, and equally as important, resilience among the group members.



- **Session Leaders:** Pamela Denise
- **Date:** Wednesdays Starting July 11 – August 8
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** Donations Appreciated!
- **Participants:** Adult persons who identify as Black, have reached a saturation point with discussing race and racism, and need to recharge and find resonance while remaining connected.
- **Register:** Email: denise@youthcentrix.com

An Entrepreneurs Introduction to Branding & Marketing- Part 2: Workshop Your Brand

An Entrepreneurs Introduction to Branding & Marketing- Part 2: Workshop Your Brand is a six-hour presentation and workshop over two days led by award-winning copywriter and social entrepreneur,



Cheeraz Gormon. This workshop is designed to get entrepreneurs to stop working in a vacuum and to instead share their thoughts, ideas and brands through guided group activities that help each entrepreneur reach her/his desired goals. We will incorporate ideas, concepts, and lessons learned from the introductory course on branding and marketing and work to make solid strides in building our brands.

- **Session Leader:** Cheeraz Gormon
- **Date:** Saturday, July 14 & Sunday July 15
- **Time:** 1:00 pm – 4:00 pm each day
- **Cost:** For-profit Businesses: \$160 Non-profit & Arts Entrepreneurs \$135
- **Participants:** For-profit, Non-profit and Arts Entrepreneurs
- **Register:** Email: cheerazgormon@gmail.com

Schoolin' Life Podcast 1st Anniversary

Join Marcy and Ashley for Schoolin' Life Podcast's 1st anniversary show **Live** in St. Louis! We will be talking about life, love and (occasionally) libations.

This weekly podcast has been regarded as one of the most culturally relevant and hilarious conversations in podcasting. We can't wait to have these conversations



together in the 314! The live show will include your favorite segments from each week's show including, "It ain't none of my business but," "I digress," "All Black everything," and a few special surprises. There will also be an open bar with two unique signature cocktails designed by Ashley and Marcy. So, get your tickets today! Seating is first come, first served. It's an anniversary celebration, so wear your flyest summer wear and plan to connect with Ashley and Marcy after the show!

- **Session Leader:** Marcy and Ashley
- **Date:** Saturday, July 14

- **Time:** Doors open at 7pm. Show starts at 7:30 pm-9:30pm.
- **Cost:** General admission \$25; Buddy system (2 tickets \$40)
- **Participants:** All are welcome (21+ for libations)
- **Register:** Visit: schoolinlifepod.ticketleap.com/st-louis/

Creative Retreats

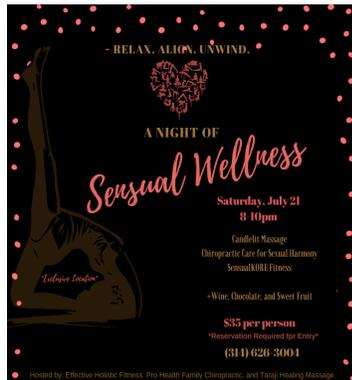
Creative Retreats are forums where your mind, body and spirit align to your life's purpose. Each session has an intentional theme that corresponds to one of the seven chakra energy centers. Participants will engage in physical practices, nutrition and group activities that connect them to each other. What arises is a communal energy that will help you transform your dreams into reality. Attending the Creative Retreats will be one of best decisions you make this summer!



- **Session Leader:** Kira Van Niel
- **Date:** Saturday, July 21 and August 18
- **Time:** 11:00 am - 3:00 pm
- **Cost:** \$10 and potluck style lunch (vegetarian)
- **Participants:** All are welcomed.
- **Register:** Email: kiravanniel@gmail.com

A Night of Sensual Wellness

InPower's Holistic Fitness and Wellness Fellow, eNiCoL is partnering with Dr. Danielle Peebles of Pro Health Family Chiropractic and Taraji of Taraji Healing Massage for another delicious night of healing and fitness like you have never experienced! Come spend the evening with us as your beautiful melanin glows to the light of candles all around. Sip wine with rose petals that lead you along a journey of intimate wellness, peace of mind, relaxation and self-love. Strengthen your core and increase your hip flexibility; align your spine to open your mind; and allow your energy to flow like a steady stream with healing touch. You might come as a couple or as a single practicing self-care. Either way, this is Just. For. You.



- **Session Leaders:** eNiCoL and Dr. Danielle Peebles
- **Date:** Saturday, July 21
- **Time:** 8:00 pm – 10:00 pm
- **Cost:** \$35 for singles and \$50 for couples
- **Participants:** All are welcomed.
- **Register:** Email: e.nicol@effectiveholisticfitness.com

Whose ___ Is It? Black Women's Fight to Reclaim Their Sexuality
Black churches emerged as liberating institutions



for black people in a world of white supremacy. They have a legacy as a prophetic voice for justice that has sought to resist the dehumanizing forces against black people. What is missing from this witness is the agenda of gender injustice affecting black women. Often women have not been empowered enough to explore the options of healthy sexual relationships for themselves outside of a religious prescription. Women continue to have men dictate how and what their bodies should produce. Ultimately, this session seeks to empower women to embrace their sexuality in ways that honor them and resist how others use tradition to put their bodies under subjection for exploitation.

- **Session Leader:** Lorren Buck
- **Date:** Sunday, July 22
- **Time:** 2:00 pm - 4:00 pm
- **Cost:** Donations are appreciated!
- **Participants:** All are welcomed.
- **Register:** Email: lzakia@emergingwisdomllc.com

Movement Women: The Making of A CREW Docuseries

Join Artist- In- Residence, Brittini Gray (Ebon) and co-producer, Aziza Binti for a screening of the first episode to be released following the short film, which will screen at the St. Louis Filmmakers Showcase the week of July 13-22.

Powerful women, bonded by fire, tried by trials again and again emerge as a collective...the journey to get here began with tragedy but ends with sisterhood. This is the story, Movement Women: The Making of a Crew. Following the murder of Mike Brown, 7 women would journey together, through protest, spirituality, organizing, school, artistry, and so forth to find themselves connected- to each other and to themselves. An afterthought in the history of movement spaces, Movement Women takes an in depth look at the ongoing, ever changing lives of women who've committed themselves to freedom, friendship and fidelity to the liberation of the oppressed.



- **Session Leaders:** Brittini Gray and Aziza Binti
- **Date:** Friday, July 27
- **Time:** 6:30 pm – 9:30 pm
- **Suggested Cost:** \$15 Refreshments will be served
- **Participants:** All are welcomed.

Being Myself

Being Myself is a workshop on how to be your authentic self. It offers a reconciliation process for coming back to our natural ways of being. Keli Denise will share how she came out of the shadows, rediscovered who she is and learned to live in her truth.

- **Session Leader:**



Keli Denise

- **Date:** Saturday, July 28
- **Time:** 12:00 pm – 2:00 pm
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Register:** Email: kelidenise1221@gmail.com

D.O.P.E.* Collab for Entrepreneurs

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Requirement: *Traction*, your work, earbuds, and a snack bag
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- **Session Leader:** Dr. April Warren-Grice
- **Date:** Every Monday
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- **Participants:** New entrepreneurs
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- **Practitioner:** Velma Bell
- **Date:** By appointment only
- **Time:** By appointment only
- **Cost:** \$95 for 55 minute session
- **Participants:** All are welcomed.
- **Set Appointment:** For information or to schedule an appointment contact Velma Bell, MSW, L.C.S.W at www.bellinnerwellcounseling.com or 314-308-0627

Healing Touch

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- **Practitioner:** Eileen Wolfington
- **Date:** By appointment only
- **Time:** By appointment only
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
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UpRise! Yoga

UpRise! Yoga is a healing space for those in need of relief from toxic stress, oppressive dynamics and hostile environments. These life affirming classes cultivate flexibility of mind, body and spirit, helping to transform outworn ways of being. They beautifully blend meditation, deep breathing, yoga and inspirational wisdom to create a full-bodied experience of relaxation and renewal.



- **Session Leaders:**
 - 1st Sundays with Lizzie Salsich
 - 2nd Sundays with Dr. April Warren-Grice
 - 3rd Sundays: Guest instructor
 - 4th Sundays: Dr. Annessa Blackmun
 - 5th Sundays: Guest instructor
- **Date:** Every Sunday
- **Times:** 9:00 am – 10:30 am
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
- **Register:** Drop in!

Spirit Rising: A Salon for the Soul

Join us weekly for Spirit Rising – a gathering where life's travelers meet up to share their discoveries, insights and yearnings. The Salon is a rest stop, offering a departure from our focus on the management of life to attend more fully to the



meaning of life. It is also a workshop where participants engage in rigorous soul searching around life's most pressing questions and issues.

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AUGUST OFFERINGS

Beyond the CrookedRoom: Mother-Daughter Retreat

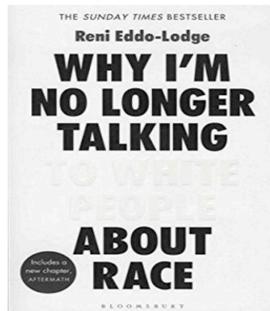
Calling Black Mothers and Daughters of any age! Join us for an evening celebrating and affirming the love, bond, and understanding that exists between you. Through teambuilding activities, arts and crafts, healing, and self-care led by e NiCol of Effective Holistic Fitness, LLC, experience an opportunity to co-define and envision the most beautiful aspects of your relationship while exploring new ways to grow and build, both together and as individuals. **Mother-figures are included.



- **Session Leader:** eNiCol
- **Date:** Saturday, August 4
- **Time:** 11:00 am – 3:00 pm
- **Cost:** \$20 per pair
- **Participants:** Black mothers and daughters
- **Register:**
Email: e.nicol@effectiveholisticfitness.com

Book Study: "Why I'm No Longer Talking to White People About Race."

This is a multi-week book study of the Bestseller "Why I'm No Longer Talking to White People About Race." The purpose of the book study is to hold space for those who at this point need to know that their fatigue is understandable, relatable, and okay. No judgement, preaching, or pity...just emotional resonance, responsiveness to need, and authentic friendship support. The outcome would be to build community, connection, and equally as important, resilience among the group members.



- **Session Leaders:** Pamela Denise
- **Date:** Wednesdays Starting July11 – August 8
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** Donations Appreciated!
- **Participants:** Adult persons who identify as Black, have reached a saturation point with discussing race and racism, and need to recharge and find resonance while remaining connected.
- **Register:** Email: denise@youthcentrix.com

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- **Session Leaders:** Cheeraz Gormon
- **Date:** Friday, June 15 and Wednesday August 22
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- **Cost:** Free for ages 18 or under; \$20 for those 19 years or older
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Storytellers Skill Share

Come join this intergenerational meet-up for budding to seasoned for storytellers of all practices. We will share techniques, skills, and stories.



- **Session Leader:** Cheeraz Gormon

- **Date:** Thursdays, June 28 and August 23
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** Donations appreciated!
- **Participants:** Storytellers of all backgrounds and traditions
- **Register:** Email: cheerazgormon@gmail.com

An Entrepreneurs Introduction to Branding & Marketing- Part 1 Repeated

An Entrepreneurs Introduction to Branding & Marketing- Part 1 (also conducted on June 29th) is a two-hour presentation and workshop led by award-winning copywriter, and social entrepreneur, Cheeraz Gormon. This workshop is designed to get entrepreneurs to stop working in a vacuum and to instead share their thoughts, ideas and brands through guided group activities that help each entrepreneur reach her/his desired goals. We will incorporate ideas, concepts, and lessons learned from the introductory course on branding and marketing and work to make solid strides in building our brands.



- **Session Leader:** Cheeraz Gormon
- **Date:** Fridays, June 29 and August 24
- **Time:** 6:00 pm – 8:00 pm
- **Cost:** For-profit Businesses: \$35 Non-profit & Arts Entrepreneurs \$25
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Storytelling for Survival

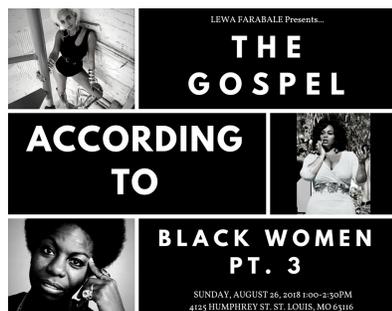
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- **Session Leader:** Cheeraz Gormon
- **Date:** Saturdays, June 30 and August 25
- **Time:** 11:00 am – 1:30 pm
- **Cost:** Donations appreciated!
- **Participants:** All are welcomed.
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Lewa Farabale – A Womanist Gathering

This Womanist Gathering exists to create worship experiences that address social justice issues through womanist preaching and action.



Womanist preaching is rooted in the African American female experience of seeking liberation, healing and restorative justice in the *Bible*.

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Spirit Rising: A Salon for the Soul

Join us weekly for Spirit Rising where life's travelers meet up to share their discoveries, insights and yearnings. This Salon offers a departure from our focus on the management of life to attend more fully to the meaning of life. It also engages participants in rigorous soul searching around life's most pressing questions and issues.

- **Spirit Rising: A Session Leaders:** Rebeccah Bennett, Carolyn Giffeth, Lorren Buck, Eurania Jackson, and Mary Elizabeth Grimes
- **Date:** Sundays
- **Time:** 11:00 am -12:30 pm
- **Cost:** Donations are appreciated!
- **Participants:** All are welcomed.
- **Register:** Drop in!

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To learn more about our events, programs, healers, facilities and how you can get involved:

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